(11)

BRUHAT BANGALORE MAHANAGARA PALIKE

Detailed Estimate for :- Providing outdoor gym equipments and other works at H M T layout park, in Ward No.09.

Estimated cost Rs.20.00 Lakhs

	Description of work	No	Dimensions L	B	D	qty	Rate	Unit	Amount
1	KSRB 2-2.1 : Earthwork in surface excavation in oridinary soil for leveling and lowering he ground manually (other than foundation of buildings, culverts, road drains and trenches of pipe lines and cables) and removing the excavated stuff to a distance not exceeding 50m and lift upto 1.5m, excavted surface levelled and neatly dressed, disposed earth to be levelled after breaking of clods and neatly dressed as per specifications. specification. No. KBS 2.1 (a) /2.3.1 (P-5, I-2.1)								
	Leveeing ground gym	1	8.70	17.60	0.65	99.53			
						99.53	144.16	Cum	14,348.00
	Basic Rate	136.00							
	Area Weightage @ 6%	8.16							
	Total	144.16							
2	Lead for Disposal of Debris/earth shall be payable at garage rates by Mechanical means including loading and unloading from 0Kms to 10Kms (P.No.124.I.No.Conveying)								
	Qty item no. 1					99.53			
	Qty ristriected to 94					**94.00**	93.49	Cum	8,788.00
	Loading and unloading I.No.17.1	62.20							
	for Haulage(surface road Rs. 2.0 T/Km)								
	(density of debris 1.30 t/cum)								
	for 10kms =10x2x1.30	26.00							
		88.20							
	Area Weightage @ 6%	5.29							
	Total	93.49							
3	Providing and laying in positionp lain cement concrete of Mix CC 1:4:8 with OPC cement @ 180 kgs, with 40mm and down size graded granite metal coarse aggregates @ 0.85 cum and fine aggregates @ 0.57 cum machine mixed, concrete laid in layers not exceeding 15cms, thick, well compacted, in foundation and plinth, including cost of all materials, labour HOM of machinery curing complete as per specification, specification No. KBS 4, 1, 4.2 (PageNo.12, Item No.4.3)								
	open gym	1	8.70	17.50	0.15	22.84			

					Total	**22.84**	4757.28	cum	1,08,645.00
	Basic Rate	4488.00							
	Area Weightage @6%	269.28							
	Total	4757.28							
4	KSRB 15-14: Providing and constructing precast concrete solid blocks with compressive strength not less than 35 Kg/sqm with cement mortar 1:4 masonry (quoin, Jamb, closer blocks) with solid concrete blocks of size 40x20x20 cms conforming to I.S. : 2185/1965 in superstructure including cost of materials, labour charges, scaffolding curing complete as per specifications P.25 I.No.5.27								
	Flatform to benches	8	4.50		0.40	14.40			
						14.40	975.20	Sqm	14,042.88
	Basic Rate	920.00							
	Area weightage @ 6%	55.20							
	Total	975.20							
5	KSRB 15-3-13: Providing 12mm thick cement plaster in single coat with cement mortar 1:3, to brick masonry including rounding off corners whever required smooth rendering, : Providing and removing scaffoliding, including cost of materials, labour, curing complete as per specifications. (P-109, I-15.9								
	Flatform to benches	8	4.50		0.40	14.40			
						14.40	171.72	Sqm	2,472.77
	Basic Rate	162.00							
	Area weightage @ 6%	9.72							
	Total	171.72							
6	Providing and laying in positionp lain cement concrete of Mix CC 1:2:4 with cement @ 240 kgs, with 20 mm and down size graded granite metal coarse aggregates @ 0.878 cum and fine aggregates @ 0.459 cum machine mixed, concrete laid in layers not exceeding 15cms, thick, well compacted, in foundation and plinth, including cost of all materials, labour HOM of machinery curing complete as per specification, specification No. KBS 4, 1, 4.2 (PageNo.12, Item No.4.6)								
	open gym	1	8.70	17.50	0.15	22.84			
					Total	**22.84**	5228.98	cmtr	1,19,417.00
	Basic Rate	4933.00							
	Area Weightage @ 6%	295.98							
	Total	5228.98							

7	Providing and fixing cement base precast, pre-polished cement concrete designer tiles 25mm thick conforming to IS 1237 heavy duty tiles for flooring, treads of steps and landing, laid on a bed of 12mm thick cement mortat 1:3 mix finished with flush pointing using white cement, including cost of materials, including cutting, griding the edge to half/full round wherever required, labour curing complete as per specification. P.106, I. No.14.62								
	open gym	1	8.67	17.50		151.73			
					Total	**151.73**	1084.38	sqmt	1,64,528.00
	Basic Rate	1023.00							
	Area weightage @ 6%	61.38							
	Total	1084.38							
8	The chest press is a heavy guage steel made up of 100 mm NB MS pipe. The sub structure consists of 25mm NBMS pipes and heavy duty bushes pivoted to 1 end and moveable up down in other. The seats are made up of pressed sheet metal of heavy guage. Self weighted machine built to supports as vigorous work out for upto 2 peiple.The equipment hosts one of the most basic and effective body strength exercises. The chest press supports and promotes upbody strength and strengthens and the triceps, pectoralis, and deltoids in the pressing motion. The exercise can be done in repetitions. Stating off with 5 to 15 repetition and building. The above quipment duly powder coated,								
		1.00				1.00			
						1.00	248000.00	Nos	2,48,000.00
9	TSI 1139A the AIR WALKER made up of D100mm NBMS pipes the substructures consists of 40mm NBMS pipe and heavy duty bushes pivoted to 1 end and in walking motion. The foot steps is made up pressed sheet metal of heavy guage. It provides to side by side exercises position which deliver cardiovascular vacular benifits by simulating the running motion, although with straighter legs and no impact. The exercises completly the avoids the impact stress runners often experiences on feet, knees, bips and lower back. Many people cannot tolerate the jarring motion of jogging walking is a good alternative, but it does not stretch are fully activate the important muscule in the upper thigh the air walker improves both cardiovascular fitness and fiexibility, exercise levels can be of 5 to 15 minutes duration experiment with various peed and different levels of stretch. The above equipment is duly powder coated.								
		1.00				1.00			

						1.00	155000.00	Nos	1,55,000.00
10	TSI 1140 A - The FUN RIDER made up of 100mm NBMS pipe. The such structure consists of 40mm NBMS pipes and heavy duty bushes pivoted to one end and movable in lateral motion. The eseat is made up of pressed sheet metal of heavy guage fun rider station involves cardiovascular benefits using a rowing motion. This apparatus promotes strengthening the biceps. latissmus dorsi, and rear deltoids in the pulling motion, white also developing cardiovascular fitness, Exercise levels can be of 5 to 15 minutes duration, Experiments with various speeds and different levels of intensity. The above equipment is duly powder coated								
		1.00				1.00			
						1.00	140000.00	Nos	1,40,000.00
11	TSI 8155 C. The STANDING RORATION made up of 100mm NBMS pipe. The sub structure consists of 32 mm NB Mspipes and heavy duty bearing and bushes provided to ensure smooth plate rotation. The standing plates are made up of pressed sheet metal of heavy guage it benches inn stretching the internal and external obliques and adding emphasis on the abdomitals and extensor muscles of the spine. The above equipment is duly powder coated								
		1.00				1.00			
						1.00	140000.00	Nos	1,40,000.00
12	TSI 1138 E. The TAI CHI SPINNERS made up of 100 mm NB MS pipe. The sub structure consists of 25 & 20 mm NB MS pipes and heavy duty bearing and bushes provided to ensure smooth wheel rotation. They have four large rotary wheels with adjustable resistance. The two sets of wheels can be turned in different directions by a user on each side. This exercise employes the full flexibility around the shoulder and the many muscles that raise and lower the arms and provide shoulder stability work the apparatus in various directions and stances, The Tai Chi Spinners can be installed at a variety of heights making it perfect for all ages. The above equipment is duly powder coated								
		1.00				1.00			
						1.00	198000.00	Nos	1,98,000.00

3	The ROWER the strucutre consists of 25 & 20mm NB MS pipes and heavy duty bushes pivot to one end and movable back and front rowing motion. It involves cardiovascular benefits using a cardiovascular benefits using a rowing motion. This apparatus promotes strengthening the bicep Latissimus dorsi, and rear deltoids in the pulling motion. While also developing cardiovascular fitness, Exercise levels can be of 5 to 15 minutes duration. Experiement with various speeds and different level of intensity. The above equipment duly powder coated								
		1.00				1.00			
						1.00	125000.00	Nos	1,25,000.00
4	The SPINNERS made up of 100mm NB NS pipe. The sub structure consists of 25 & 20mm NB MS pipe and heavy duty bearing and bushes provided to ensure smooth wheel rotation. They have large rotary wheels with adjastable resistance. The Exercise employs the full flexibility around the shoulder and the many muscles that raise and power the arms and provide shoulder stability. Work the apparatus in various directions and stances. The tai chi spinners can be installed at a variety of heights making it perfect for all ages. The above equipment is duly powder coated								
		1.00				1.00			
						1.00	170000.00	Nos	1,70,000.00
5	ROPE PULLER the ROPE PULLER made up of 100mm NB MS pipe. The sub strucutre consists of 32mm NB MS pipes and heavy duty pulleys provided to ensure smooth rope transition. These are a primary indicator of upper body strength. The exercises place more emphasision the trapezius, muscles of the back biceps shoulder arm stretching improving the grip introduce yourself to all exercises gradually avoiding undue stress slowly build the number of repetitions the avove equipment is duly powder coated								
		1.00				1.00			
						1.00	85000.00	Nos	85,000.00
6	Providing and fixing Granite Benches including cost of materials labour as per specification (Data Rate Approved)								
	Data Rate	10550							
		10.00				10.00			
						10.00	10550.00	Nos	1,05,500.00

17	Providing and Fixing dust bins as per designs, drawing specification and direction of engineer in charge of works	4.00	4800.00	Nos	19200.00
18	Sub Total				**1817941.65**
19	KRIDL Charges @ 8%				**145435.00**
20	Third Party Inspection Charges @ 1%				**18179.00**
21	Add for unforseen and rounding off	L/S			**18444.35**
					2000000.00
	Rupees Twenty Lakh(s) Only				

ertificate:

1 The work spot has been inspected and the work is found necessary.
2 This estimate is prepared as per PWD SR of 2015-16 and Approved Rate.
3 The provisions were made in this estimate are necessary and adequate.
4 This works come under B.B.M.P. limits.

Assistant Engineer
KRIDL

Assistant Engineer
Ward No. 09

Assistant Executive Engineer
KRIDL

Assistant Executive Engineer
Bruhat Bangalore Mahanagara Palike
Vidyaranyapura Sub Division

Executive Engineer 16/6/16
Bruhat Bangalore Mahanagara Palike
Byatarayanapura Division

Administrative Approval
Accorded For 20.00 lakhRs.
Head of A/C P2415
CER NO : 4 Dt: 16.06.16

TA CE (YNK)

Technical Sanction
Accorded For 20.00 lakhRs
Head of A/C P2415
CER NO : 15 Dt: 16.06.16

TA CE (YNK)